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## Taser inquiry views footage of B.C. airport

**VANCOUVER** Video footage of YVR's international meet-and-greet area at the time of Robert Dziekanski's death provides almost no sign of the chaos going on behind the glass partition where the Polish immigrant died.

The grainy surveillance footage was played yesterday at the Braidwood Inquiry into Dziekanski's death.

It showed a predominantly quiet section of the arrivals lounge from 1 a.m. to 2 a.m., while RCMP officers, paramedic crews and firefighters struggled behind a frosted glass door to revive Dziekanski after he was Tasered by police.

The inquiry also listened to a translation of the audio-tape recorded minutes before Dziekanski died.

Translator Kris Barski told the inquiry that Dziekanski, who only spoke Polish, was swearing, asking to be left alone and how long he would be waiting, and threatened to wreck the arrivals area.

He also asked police if they were crazy.

KRISTEN THOMPSON/METRO CANADA

## Celebrity Buzz pg 14



Teri 2 cats from a 'crazy lady'

## RRSP Guide pg 8

Most lack financial plan



Ottawa Senators' new head coach Cory Clouston and general manager Bryan Murray, background, leave a news conference in the city yesterday. Clouston replaced Craig Hartsburg, who was fired after less than eight months in the job.

# Clouston to head Sens

## GM dumps coach Hartsburg in bid to salvage rest of season

TIM WIECLAWSKI  
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**With 34 games left in the season and the team wallowing near the bottom of the league standings, the Ottawa Senators have fired head coach Craig Hartsburg.**

Cory Clouston, 39, head coach of the Sens' AHL affiliate in Binghamton, will step behind the bench for the remainder of the season.

Senators' general manager Bryan Murray said he made the switch because he felt the team had not been making any progress in the last few games, particularly after Sunday's loss to Washington.

"He understood," said Murray about his conversation with Craig Hartsburg.

"He was apologetic a little bit in that he didn't get the team to play the way he thought he could when he came here."

By making the switch now, Murray said it gives the club enough games before the trade deadline and the end of the season to evaluate the players before making big decisions.

"Now we have to watch the players over the next period of time and decide who stays and who doesn't stay to help us go forward," he said. "We don't have 20 complete players, but we have a core of players that should be much more competitive than they've shown lately."

Murray acknowledged that a playoff spot is a "pretty tough chore" but he said it's not right to just give up,

**"I just think they need to ... come into the rink with some passion and play up to their potential ..."**

Cory Clouston

and the fans and the organization deserve every possible effort to make it into that spot.

Instead of dwelling on making the playoffs, Clouston said his focus was to get the team to play up to its potential and what the team needed most was to restore its confidence.

"There are a few things that need to be corrected in terms of the style and the way we are going to do things," he said. "But I just

think they need to feel good about themselves — come into the rink with some passion and play up to their potential as individuals and as a team."

Clouston becomes the Senators' ninth head coach, counting Roger Neilson's two-game appearance in 2001-02 and Bryan Murray's 18 games to complete the last season.

He took over behind the B-Sens' bench in July 2007 and holds a 59-48-12-8 all-time AHL record. Before that, Clouston spent five seasons with the Kooteney Ice of the Western Hockey League and was named WHL coach of the year in 2005 and 2007.

**ShareYourViews**

ottawaleaders@metronews.ca

## Massacre film to open amid controversy

**QUEBEC** It's at the end of the film, after the killer shoots himself and the blood from his head meets with the blood pooling from yet another woman he has killed, that the impact this event has had on society begins to resonate.

The event, the massacre of 14 women by 25-year-old Marc Lépine at the École Polytechnique on Dec. 6, 1989, would turn a population upside down and forever link Lépine's hatred with the pain of the victims' families and the debate about the status of women in Quebec, and the rest of Canada.

The unease with which Quebecers have approached the event ever since then continues to this day, nearly 20 years later, as a new film, Polytechnique, gets set to open in theatres here on Friday.

Predictably, there has been controversy about its release. On Internet forums and in newspapers, some wonder why the filmmakers would dredge up such a painful piece of history. Some have complained that the movie's trailers have sensationalized the events.

But those who have seen the \$6 million film's previews say it's highly emotive, not exploitive.

"I was very scared to go watch it," said Melissa Blais, a doctorate student in sociology at the University of Quebec at Montreal who's been studying the massacre since 2004. "But they succeeded, I believe."

TORSTAR NEWS SERVICE

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City staff tabled revisions to the 2003 Official Plan at a special joint meeting of the Planning and Environment Committee and the Agriculture and Rural Affairs Committee yesterday. The official plan provides a vision of how and where the city should grow through to 2031. **METRO OTTAWA**

# Local



## Local companies get nod

Three Ottawa companies were recognized yesterday as being among Canada's 50 Best Managed Companies of 2008. Desjardins Healthcare Group, N. Harris Computer Corporation and VERITAAQ were among 50 companies that have shown the ability to maintain sustainable growth amid volatile economic conditions, generating \$6.4 billion in combined revenue and employing more than 28,000 in Canada.

METRO OTTAWA

# Transit returning to normal

TIM WIECLAWSKI  
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## Normal bus service could be up and running by this weekend.

Although OC Transpo is preparing to restart suburban and local service on Monday, OC Transpo general manager Alain Mercier said it is hoping to have regular weekend service operating by Saturday morning.

"That would let us shake down the system. Make sure everything is running correctly," he said yesterday morning.

"Our plan right now would be to start service Saturday morning for normal weekend service."

Yesterday morning, Mayor Larry O'Brien and Mercier greeted some of the first O-Train riders as it returned to service.

O'Brien called it a celebration of the return of transit after nearly eight weeks, and most of the people he spoke to were happy to see the train running again.

Despite having to rent a car during the strike and seeing his bicycle badly rusted by salt and snow on the road, Simon Lacharite, 26, said he had no hard feelings during his ride from Greenboro Station to Confederation Heights.

"I'm too happy to be here this morning, so I for-



Duncan McGregor protests the city's welcome back event at the O-Train station, where Mayor Larry O'Brien and OC Transpo general manager Alain Mercier greeted some of the first transit riders as it returned to service.

get everything that happened," said Lacharite.

But a handful of demonstrators followed O'Brien and Mercier, determined to register their disap-

proval that there ever was a strike.

"It doesn't deserve to be a celebration," said Duncan McGregor, who carried a sign that read, "52 days

of Transit Hell. Buses gone til May. Welcome back is a joke."

"We certainly tried as hard as we could to get the trains and buses back

quickly and tried to negotiate a fair and reasonable deal," said O'Brien.

"Not just for drivers, but for taxpayers who pay the majority of the expenses."

## Groups hope to see return of volunteers as strike ends

TRACEY TONG  
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**IMPACT** Retailers, non-profit groups and organizations in Ottawa are thrilled to see transit return next week, but many believe it will take time for the city to recover from what will be more than two months without buses.

The strike has had a "dramatic impact" on non-profit organizations that depend on volunteers, said Angela Campbell, director of fundraising at the Shepherds of Good Hope.

Even though transit is back next week, Campbell said she doesn't expect changes right away.

"The volunteers have been away for so long that they might have fallen out of the routine, and volunteering isn't something they'll think of right away," she said. "We might have lost volunteers permanently. We're already down to the bare minimum."

Over at the Ottawa Mission, spokeswoman Shirley Roy said staff and clients are pleased that the transit strike has come to an end. Clients are "anxious to get to their appointments for new apartments, new jobs and medical appointments," she said.

Students living off-campus — many of whom depend on transit to get to classes — are relieved to see that transit services are back, said Dean Haldenby, president of the Student Federation of the University of Ottawa.

"We're definitely looking forward to having buses back," said Bijoux Jewellers employee Mareta Rasmuson. "I think we will see a significant difference."

## Passes

• The Student Federation at the University of Ottawa suggested that this is a good opportunity for the city to go forward with a universal bus pass, "to restore the transit system, guarantee a sustainable source of revenue and improve transit in the future."

## News in brief

**BLAZE** Firefighters in west Quebec were busy after a hotel caught fire early yesterday morning. Fire crews were called to Hotel Lafontaine in Thurso, Que., at about 1:30 a.m.

METRO OTTAWA

metronews.ca  
WHAT'S ONLINE TODAY

**Your Money**  
Allan Small on worries and opportunities in the banking sector at metronews.ca/investing

**Lotteries**  
Ontario Pick 3: 8 6 6; Ontario Pick 40: 8 2 9 3  
Encore: 252589 Daily Keno: 3, 7, 9, 11, 14, 20, 24, 25, 27, 28, 29, 33, 53, 56, 60, 63, 64, 67, 69, 70 These results are not official.

# Students visit 'the other Mexico'

TRACEY TONG  
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**LEARN** While her peers are planning relaxing spring break vacations in sunny destinations, Carleton student Sarah Chown is planning a warm-weather trip of her own.

But rather than poolside service and parties, Chown will be living in a compound in Cuernavaca, Mexico, building houses and working in a recycling facility.

"We're not just helping people," said the fourth-year public affairs and policy management student. "We'll be learning a lot from the people there as

**"We call it 'the other Mexico ... Basically, it's a firsthand experience. They get to interact with the local community.'"**

Joe Lipsett, First-Year Experience Office

well."

For the second year, more than two dozen students will be travelling to Mexico to volunteer and learn about issues like social justice and human rights as a part of Carleton's Alternative Spring Break program.

"We call it 'the other Mexico,'" said Joe Lipsett, leadership development and service learning co-ordinator for the First-Year Experience Office.

This type of hands-on

learning, which has become popular in the last couple of years, allows students to take what they are learning in their studies and apply it in the community, said Lipsett.

"Basically, it's a firsthand experience. They get to interact with the local community."

Projects are determined by what the community needs, he said.

In return, students learn about what's happening economically and socially

in Mexico and draw parallels to what they're learning in Canada.

"The experience is eye-opening," Lipsett said.

The program attracts students from public affairs, arts, social science, social work, anthropology, journalism and human rights programs.

Through the same program, 15 students will be making a difference locally at an Ottawa elementary school. Students volunteering at Cambridge Street Public School will learn about multiculturalism and assist elementary school students to create projects that reflect the diversity of their school and community.



**Rock 'n' roller Buddy Holly died in plane crash 50 years ago today**

One snowy night 50 years ago today, Buddy Holly took off on a small plane and died when it crashed in an Iowa field. A tragic icon was born, but so was a half-century of litigation and finger-pointing. The latest legal showdown has been going on for 15 years as Holly's family chases alleged unpaid royalties from his Universal Music Group label. **REUTERS**

# Canada/World

## Charest **France's highest honour**



PHILIPPE WOJAZER/REUTERS

France's President Nicolas Sarkozy, third from right, and Quebec Premier Jean Charest, third from left, along with Charest's family pose following a ceremony during which Charest was awarded with the Legion d'Honneur, an order established by Napoleon Bonaparte, at the Elysee Palace in Paris yesterday.

## Free-speech group stands up for pro-lifers on campuses

**Free speech versus a woman's right to choose: The issue is coming to a head — again — on university campuses across Canada.**

The Canadian Civil Liberties Association is campaigning to overturn decisions by several student unions to withdraw funding and resources from pro-life organizations.

The civil liberties group, though "strongly pro-choice" on abortion, says the students' move violates an even more important democratic right — freedom of expression.

**"At issue ... is nothing less than the viability of free speech on the university campuses of this country."**

Alan Borovoy

"At issue, in our view, is nothing less than the viability of free speech on the university campuses of this country," the civil liberties group's general counsel, Alan Borovoy, writes in a letter that was sent to student unions across Canada. The letter notes the right to free speech gave many pro-choice groups their start on campus.

The student union at

York University says the civil liberties group has it all wrong.

"Student unions democratically made a decision not to give their space or resource to groups that want to criminalize a woman's right to choose," said Kelly Holloway, president of the graduate students union at York University.

TORSTAR NEWS SERVICES

### News in brief

**VANCOUVER** A botched university prank to suspend a car from a Vancouver bridge yesterday has left five University of British Columbia engineering students facing criminal charges. There were no injuries, but the students were arrested, with police recommending they be charged with criminal mischief causing more than \$5,000 in damages.

**QUEBEC** A trial began in Montreal yesterday for Said Namouh, a Quebec man accused of being involved in an international terror plot designed to force the Austrian and German governments to withdraw troops from Afghanistan.

METRO NEWS SERVICES

## McGuinty's plan may reduce food, monetary safeguards

**QUEEN'S PARK** A secret plan by Premier Dalton McGuinty's Liberal government to cut provincial regulations by 25 to 35 per cent is raising concerns Ontario could face another food safety or financial crisis without adequate safeguards.

The program — briefly mentioned in last spring's budget as a way to "reduce red tape for hard-working Ontario business people" — has quietly grown to involve every government ministry, a document obtained by Torstar News Service shows.

Part of the program, being lead by Economic Development Minister

Michael Bryant, involves scrapping two regulations for every new one that is introduced.

The government is dubbing the two-for-one approach a "cap and trade" system to give the effort a green glow that critics decry as inappropriate "envirospeak."

Called "Open for Business: Reduce the Burden," a 45-page internal government paper says the effort to reduce the province's 500,000 regulations seeks "to create a modern and competitive system that delivers results for Ontario businesses."

TORSTAR NEWS SERVICE

## 9 dead in hospital shelling in Sri Lanka

**Artillery shells struck a hospital in Sri Lanka's northern war zone, killing at least nine people and wounding another 20, the Red Cross said yesterday.**

The Sri Lankan military denied it had shelled Puthukkudiyiruppu hospital in a Tamil Tiger-held part of Mullaitivu district and blamed the rebels.

The Liberation Tigers of Tamil Eelam made no comment, but a pro-rebel website accused the military of

the firing.

A spokeswoman said the Committee of the Red Cross (ICRC) had urged both sides to allow safe passage for scores of sick and wounded people trapped in the area.

Sri Lanka's army has surrounded the LTTE in a 300-square kilometre slice of jungle in the northeast, aiming to end a war that began in 1983, one of Asia's longest-running conflicts.

Concern has grown for

the safety of 250,000 people aid agencies say are trapped inside the battle zone, although the government describes those numbers as overblown. The military has said it would move in to free those trapped by the fighting after a government-declared, 48-hour truce lapsed.

A UN official said there would have been many casualties because the hospital was crowded when the shelling occurred. **REUTERS**

## Japan denies use of weapons on whaling activists

**WILDLIFE** Japan yesterday denied accusations by a U.S.-based anti-whaling group that Japanese whaling ships used weapons against activists on inflatable boats near Antarctica.

The Sea Shepherd Conservation Society said that two crew members were injured when Japanese whalers used water cannons, concussion grenades, acoustic weapons and threw objects at their boats.

A fisheries department representative said the Japanese fleet had used hoses on two Sea Shepherd boats after sending warnings, accusing Sea Shepherd crew members of throwing bottles of dye and strong-smelling liquid at its boats. No one was injured, the rep said.

Despite a commercial whaling ban, Japan continues what it calls a scientific whaling program, which has drawn criticism. Its annual hunt is aimed at catching about 900 whales.

REUTERS

## Britain **Record snowfall**



STEPHEN HIND / REUTERS

Pedestrians walk past a snow-covered war memorial yesterday in central London. Tens of thousands of commuters were told not to journey into London, which experienced some of its worst snow in almost 20 years. Buses were taken off the roads and hundreds of schools were closed. All flights at Heathrow Airport were cancelled before limited flights resumed.

## 15 policemen killed in India

**REBELS** Suspected Maoist rebels killed 15 policemen in the western Indian state of Maharashtra, police said yesterday, in one of the biggest such attacks in the state.

The rebels fired upon a police team patrolling a forested area near the border of the insurgency-hit Chhattisgarh state. The In-

dian Express newspaper said the rebels gouged out the eyes and severed the legs of a few policemen.

Maoist rebels say they are fighting for the rights of poor farmers and labourers in what Indian Prime Minister Manmohan Singh called one of the gravest threats to India's internal security. **REUTERS**

### News in brief

**BOGOTA** A mission to airlift two kidnapped politicians held hostage by Marxist guerrillas deep in Colombia's jungle was delayed yesterday, but a senator said it would still go ahead. Leftist FARC guerrillas freed four hostages on Sunday in the first of three releases planned this week, but complained of military harassment during the handover. **REUTERS**



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Baby boomers are set to take over the fitness industry, as the 77.5-million-strong market is expected to spend more than \$70 billion US on ways to stave off the aging process. **REUTERS**

**Boomers rising force in fitness**

# Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## Bank CEOs take pay cuts

**The top executives at three of Canada's biggest banks are taking deep pay cuts after the financial crisis eroded profits and battered stocks.**

Royal Bank of Canada's chief executive officer Gordon Nixon announced yesterday that he is voluntarily turning down nearly \$5 million in 2008 compensation.

His counterpart at the Bank of Nova Scotia, Richard Waugh, saw his pay package slashed by 20 per cent to \$7.5 million from

### Bank earnings

- Royal Bank's full-year profits sank by 17 per cent to \$4.56 billion.
- Scotiabank's 2008 annual profits dropped to \$3.14 billion from \$4.05 billion.

\$10.1 million last year.

Hours later, Bank of Montreal's CEO William Downe also decided to give up \$4.1 million in rewards.

Those rare moves are

coming at a time when some shareholders are pushing for a say on executive compensation, while taxpayers ratchet up their scrutiny of the issue after Ottawa committed billions to shore up lending in last week's federal budget.

Ian de Verteuil, an analyst with BMO Capital Markets, said that the move gives RBC added credibility, as Nixon "intends to share in the 'pain' experienced by the bank's stakeholders." **TORSTAR NEWS SERVICE**

## Indonesia Smoking ban ignites debate



Workers roll cigarettes at a factory in Sidoarjo, East Java province, yesterday. The company said the production of cigarettes has decreased after Indonesia's Ulema Council issued a fatwa prohibiting smoking in public places and by pregnant women and children — a move welcomed by campaigners but criticized as interference in private lives by smokers and the tobacco industry.

## Maple Leaf reaches \$25M settlement

**LEGAL** Maple Leaf Foods said yesterday it has reached a tentative \$25-million settlement in a series of class-action lawsuits related to an outbreak of listeriosis.

The proposed settlement still requires court approval in Saskatchewan, Quebec and Ontario.

The amount each claimant will receive depends upon the severity of their illness, ranging from \$750 for minor symptoms up to \$125,000 for serious and long-lasting physical injuries. The estates of people who died will be paid \$120,000.

**REUTERS**

## Protectionism equals 'economic death': Fed

**ECONOMY** Dallas Federal Reserve president Richard Fisher warned yesterday against "Buy America" provisions in a proposed stimulus law and said it could lead to devastating protectionism.

"Protectionism is the crack cocaine of economics," Fisher told C-Span tel-

evision. "It provides an immediate high that leads to economic death. We cannot afford to go down that route."

U.S. President Barack Obama has proposed an \$819-billion US government spending package, which is being debated by lawmakers.

**REUTERS**

### Business in brief

**LENDING** Canwest Global Communications said the slumping economy could force its newspaper and TV unit, Canwest Media, to breach some debt covenants in the coming weeks as its bank cut the amount of money it is willing to lend.

**PONZI** The Internet offered early warning signs of a Ponzi scheme that cost investors more than \$370 million US. Some investors warned on message boards of Nicholas Cosmo, who was arrested this week for fraud.

**REUTERS**



Interest rates/Savings accounts	BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	Scotia	TD
METRO NEWS SERVICES	0.75%	0.2%	2.5%	2.5%	2.7%	2.25%	2.5%	2.4%	0.05%

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## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

# Catching a tax break

## SmartCookies



A week ago, the federal government unveiled the long awaited 2009 budget. Last year, with the introduction of the Tax Free Savings Account, the government was all about encouraging us to save — this year's message, however, is the opposite.

But before you run out and spend, spend, spend, read on to learn more about what this year's budget means to your bottom line.

With \$40 billion in economic stimulus over the next two years, Canadians will now have more money in their pockets.

Tax breaks are being introduced across the board:

The largest ones for Canadians who have the least, including low-income families and seniors. And for many Canadian families who have or will experience layoffs, the government has added an extra five weeks to the number of weeks an individual can receive in employment insurance and \$1.5 billion is also being injected into job retraining programs.

The government estimates that 190,000 jobs will be created or saved, and the economy will grow by one per cent over the next two years, because of these and other initiatives.

We've also seen incentives for higher income families, which along with the aforementioned income tax breaks, include credits such as the home renovation tax credit. This year, a \$1,350 credit is being offered to those who spend between \$1,000 and \$10,000 on home improvements.

Although we have seen

dips in the real estate market, Smart Cookies still feel that real estate is one of the best investments you can make (provided you have the money for the down payment, can cover the monthly expenses and plan to stay in your home for at least three to five years).

This is why we are impressed to hear about incentives for first time homebuyers. The proposed budget includes a new first time homebuyers tax credit of \$750 and an increase of \$5,000 on what you can borrow from your RRSP for your down payment (taking to total up to \$25,000).

What does all this mean to you? At the end of the day, a small tax credit is not going to make that much of a difference to your bottom line.

While it is great that Canadians will have more money in their pockets, we still have to be cautious as to where we are spending our money. Although it might help the economy if

you go out and shop, renovate or purchase property, it's not going to advance you personally unless you can truly afford it.

Check out Smart Cookies on W Network, Mondays at 10:30 p.m. and visit smartcookies.com for more information on creating a spending plan, cutting debt and keeping your credit score high.

If you have questions or suggestions for the Smart Cookies, we'd love to hear them. E-mail us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

## Investing

### Allan Small

What opportunities are out there for investors? Read this week's column at metronews.ca



## Tax treats for homebuyers

**Q** Over the past four years, my wife and I have contributed to our RRSPs. Soon, we plan to purchase our first home. Is this a good time to buy or should we wait another year or two? Can we withdraw the maximum \$20,000 under the Home Buyer's Plan?

Sondeep

**A** The Canadian real estate market continues to show sale and price declines. Although most experts do not expect a U.S.-style meltdown, a significant price reduction is expected. If you plan to live in the home, real estate will always be a good investment. Our federal government has made several initiatives to stimulate the housing sector.

First-Time Home Buyers:  
• New-increase! The RRSP Home Buyers Plan withdrawal limits per individ-

## MoneyMatters

### Henry Choo Chong

choochonghcg@yahoo.ca

ual have increased to \$25,000 from \$20,000, effective Jan. 27, 2009.

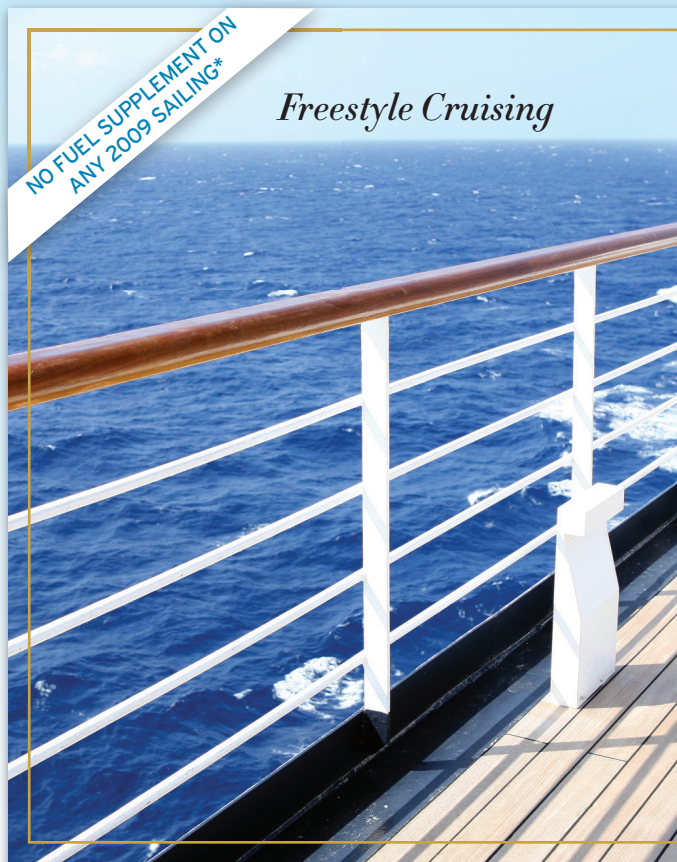
• New-tax credit! After Jan. 27, 2009, homebuyers that have not owned a home in the current year or four preceding years may qualify for a \$5,000 non-refundable tax credit.

Existing Homeowners:  
• New-Ontario Senior Homeowners' Property Tax Grant! Senior homeowners can apply for \$250 grant in 2009 and \$500 in 2010 when filing their current income tax return.

There's more available: Check with a tax adviser.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.

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# Comment & Views

## Comment

# The tides have turned

Harper's liberal budget draws backlash from Conservatives

## National Report



Lawrence Martin

For the first time as prime minister, Stephen Harper is facing public criticism from within his own flock. His sometimes-strategist Tom Flanagan told interviewer Steve Paikin last week that Mr. Harper has dug himself into a hole, primarily on account of last November's budget update. Monte Solberg, who used to serve in the Harper cabinet, said the PM's budget could lead to long-term deficits and criticized Mr. Harper for not offering the country a vision. Tasha Kheirridin of the Fraser Institute said conserva-

tives feel betrayed by his budget.

For the strong-armed PM who once exerted absolute control, the lustre has worn off. His defenders say he had no choice but to bring in a liberal budget, that his minority would have been defeated if he had done otherwise. That may be true. But the no-choice scenario is one that was largely brought on by Mr. Harper himself.

His strategic budget-state-ment disaster of November reset the scales in the other side's favour. It resulted in a quick change in the Liberal leadership. With-out that change, Liberals would presently be engaged in a divisive leadership fight. Mr. Harper would have had

a free hand with the budget and other measures. It was his own failure to foresee the dismal economic tides (when most everyone else foresaw them) that led to his miscalculation of promising balanced budgets for years to come. He had to completely reverse himself. It was his government's excessive spending in the two years prior that needlessly depleted the big surpluses Ottawa previously enjoyed.

With the trend swinging liberal to the south for the border and edging in that direction here, Mr. Harper realizes he has to start sound-ing more and more liberal to survive. He has to turn his back on his own hard-woven political philosophy. He can do that. He is a leader driven by power-lust and political calcu-

lations far more than public policy. Hence the Solberg criticism, echoed by many others, on his never having offered the country a vision.

But the problem in such circumstances is that given a choice between a faux liberal in Stephen Harper and a real one in Michael Ignatieff, people will opt for the real one.

The momentum is clearly on Mr. Ignatieff's side. Sensing this, realizing Mr. Harper has already had three electoral kicks at the can, Conservatives are starting to contemplate alternatives. Jim Prentice, Peter MacKay and Jason Kenney are the names most frequently mentioned. There is also a former leader of the federal Tories who is still at large in Quebec. His name is Jean Charest.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



REUTERS

## Views

# Relief at pumps, but havoc on economy

## InBusiness

Charles Davies



Veteran Business Writer

These are hard times in Canada's oil patch. With crude hovering around \$40 a barrel after averaging \$100 through 2008, profits are slumping and belts are tightening. Earlier this week, Suncor Energy Inc., the leading oilsands producer and a bellwether for the energy sector, reported a fourth quarter loss of \$215 million. It promptly whacked planned 2009 capital spending to \$3 billion, less than a third of last year's total.

Canadians who were squeezed by historically

high gasoline prices last year may have little sympathy, but they should. Today's lower pump prices are a relief, but the industry's slowdown has a far greater negative impact on all of us. Lower energy prices, the result of weakening demand as the recession gathers, mean weaker corporate revenues from domestic and export sales and, consequently, lower profitability. This leads to job cuts, reduced purchases from suppliers across the country, less capital-fuelled expansion and trimmed discretionary spending on everything from paper clips to philanthropy. The energy sector's weakness simply diminishes an already struggling economy, rather like bleeding a medieval invalid.

In Alberta, the key producing province, the num-

ber of oil rigs operating this year is the lowest in a decade. The province suffered a net loss of 15,800 jobs in December, nearly half the national total. Not all of those jobs were in the energy sector, but many were, and they generated income for thousands of Canadians who once hailed from locales as diverse as Newfoundland outposts and hamlets on Vancouver Island. Worse still, the energy sector's workforce is expected to shrink a lot more in 2009. Add it all up and energy's contribution to gross domestic product, somewhere around 5.5 per cent normally, is taking a big hit.

Indirectly, the effects are no less severe. Alberta has collected \$11 billion or more in energy royalties in each of the past three years, but it won't in 2009. Nor

will other producing provinces match their previous totals. Provincial gasoline tax revenues, 16.5 per cent of the price of every litre sold, will fall, as will the 15.5 per cent share comprised of federal excise tax and GST. Lower tax revenues in the current climate mean bigger deficits and even harder choices for governments figuring out how to revive the economy.

For good measure, lower energy prices are further eroding our life savings. By weighting, the energy sector accounts for about 28 per cent of the S&P/TSX composite index. When energy shares fall, all investors feel the pain.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

WE'RE ASKING CANADIANS WHAT THEY THINK OF THE NEW YORK TIMES COMPARING MICHAEL IGNATIEFF TO BARACK OBAMA.



MICHAEL DE ADDER

## Letters

### Do as I say, not as I did

I find it rich that Jack Layton and the New Democrats are acting so indignant that Michael Ignatieff is supporting the Conservative budget. It was, after all, their support for Harper back in 2006 that led to the fall of the Martin government, and the institution of the Conservatives in power in the first place. Why is it wrong for Ignatieff to support the Conservatives now, but right for Layton to support them then?

I think Jack Layton knows Canadians will never willingly elect the NDP

to power, so they tried to sneak in through the back door. So when Ignatieff chose stability and sensibility for Canadians, instead of an unpopular coalition, Layton opted to take on the role of a spurned teenager and throw a hissy fit.

Canada needs stability to get through the economic trials that we face, Mr. Layton. We don't need your brand of childish antics trying to convince us that you, somehow, know better than the 82 per cent of Canadians who voted against your party during the last election.

BRIAN APPEL, DARTMOUTH, N.S.

## Quote of the Day

**"We come in peace ... History shows harmony will not be obstructed by any force, so would you let me continue."**

— Chinese Prime Minister Wen Jiabao after a protester threw a shoe at him and called him a dictator as he delivered a speech at the University of Cambridge in Britain. REUTERS

## Metro Online Poll Results

45% SAID YES

Did you watch the Super Bowl?

Weigh in on today's question at metronews.ca

55% SAID NO

It's your turn to tell others what you think. E-mail your thoughts and opinions to: [ottawalatters@metronews.ca](mailto:ottawalatters@metronews.ca)

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Super Bowl XLIII second most-watched game ever**

The Pittsburgh Steelers' Super Bowl victory over the Arizona Cardinals drew more than 95 million U.S. television viewers Sunday, down slightly from 2008's big game but still the second most-watched National Football League championship ever. **REUTERS**

# Sports



## Selig rakes in nearly \$17.5M

Baseball commissioner Bud Selig, left, made more than all but three of his sport's players in 2007. Selig received a raise of about \$3 million US to nearly \$17.5 million that year, according to Major League Baseball's latest tax return. His compensation was listed at \$17,470,491 for the 12 months that ended Oct. 31, 2007, according to the return, which is available at [guidestar.org](http://guidestar.org). That was up from \$14,515,071 in the previous 12 months.

METRO NEWS SERVICES

SPORTS@METRONEWS.CA

# Show me a real scandal

## The media keep making mountains out of molehills

### YorkReport

**Marty York**



[marty.york@metronews.ca](mailto:marty.york@metronews.ca)

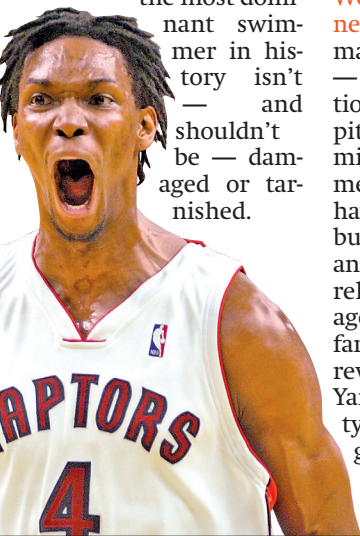
After three-plus decades in this racket (yes, I joined the media as a tot), I've learned to appreciate a good scandal as much as the next guy. OK, probably more.

But I'd like to think there should be a wee bit of substance to what babbling bloggers and television's talking twerps try to pass off these days as salacious scandals.

Sorry, but Jessica Simpson adding a few pounds does not merit mountains of copy and hours of baffle-gab in the elec-

Raptors forward  
Chris Bosh

tronic media. It doesn't qualify as a legitimate scandal and neither, frankly, does Michael Phelps smoking pot. This is 2009, for crying out loud. Truth is, his bong may have been wrong but the media throng needs to move along and sing a different song. I don't indulge, never have, but you needn't be a pothead to realize smoking weed is no longer a dastardly deed. And Phelps' reputation as the most dominant swimmer in history isn't — and shouldn't be — damaged or tarnished.



Then there's Joe Torre's new book, *The Yankee Years*, which was supposed to be laden with 475 pages of scandals.

Puh-lease. Torre's lineup cards have contained more controversial writing than his book does. The book's a decent read but nowhere near as steamy as advance coverage pretended. Granted, the ex-Yankees-turned-Dodgers manager fires a few not-so-vicious zings at Alex Rodriguez, David Wells, George Steinbrenner and Yanks general manager Brian Cashman — and there are suggestions that ex-Blue Jays pitchers used amphetamines — but Torre's main message is that the Yanks have evolved from a team built upon draft choices and shrewd trades into one relying on high-priced free agents and neglecting its farm system. There are few revealing passages in *The Yankee Years* and, in reality, the book is devoid of genuine scandals.

U.S. sports journalist  
Stephen A. Smith tried

to come up with one yesterday about the Raptors' all-star, Chris Bosh. Problem was, it wasn't accurate, always a prerequisite for a good scandal.

Smith claimed Bosh told Raptors management that he has no intention of staying with Toronto when his contract expires after the NBA's 2009-2010 season. Bosh, however, insisted he hasn't even thought about 2010 yet.

Ultimately, he may well follow in the footsteps of ex-Raptors stars Vince Carter, Tracy McGrady, Antonio Davis and others by bolting, but there's nothing to suggest this yet and so, sorry, but the Bosh story is no more scandalous than Torre's book or Phelps' pastime. Or Simpson's weight.

Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of divulging genuine scandals.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

# Ski team having a rough season

**SKIING** As he peers through falling snow and overcast skies at the world alpine ski championships, the man charged with helping Canada deliver medals at the 2010 Winter Olympics swears he can still see some sunshine.

Max Gartner, Alpine Canada chief of athletics, is aware that this hasn't been a stellar campaign so far for the Canadian team, particularly on the women's speed side where they excelled last year but have been shut out from the podium so far.

In fact, it looks like Canada will be hard pressed to grab a medal at the worlds, which begin today with the women's super-G in Val d'Isere, France, and run through Feb. 15.

The Speed Queens, the moniker that Britt Janyk, Emily Brydon and Kelly VanderBeek coined for themselves last season when they earned seven podiums, are hurting right now and are also a bit out of sync.

VanderBeek popped both shoulders out in a crash in Italy just over a week ago, while Brydon also crashed there and has been battling

the flu. Janyk has been healthy, but nowhere near as sharp as last season when she was third in the World Cup downhill standings. She has one top-10 result in seven speed races this season.

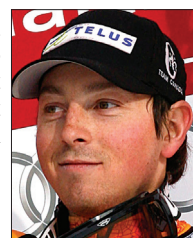
"Our girls are a little banged up," said Gartner, in a telephone interview from France. "Not exactly the best preparation going into here."

Canada's best chance is likely to come in the men's super-G with Erik Guay and John Kucera.

But Gartner remains optimistic about the 2010 Games. He points to the return of downhiller Jan Hudec, who finished eighth in his first race back from knee surgery in Switzerland. Manuel Osborne-Paradis, Guay and Kucera have each been on the podium this season.

Gartner also believes the men's slalom team, headed by Michael Janyk, has taken a big step forward. "I still think we have the weapons to do what we want to do," he said. "Our target is still to win three to four medals there (in 2010) and I still think we can do that."

TORSTAR NEWS SERVICE

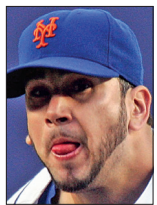


John Kucera

## Mets ink Perez to 3-year, \$36M deal

**MLB** The New York Mets have reportedly agreed to a three-year contract with left-handed pitcher Oliver Perez.

According to the New York Post, the deal is worth \$36 million US and will be finalized once Perez, 27, passes a physical. **METRO NEWS SERVICES**



Oliver Perez

## Habs forward Lang out indefinitely

**NHL** Montreal Canadiens forward Robert Lang will be out indefinitely after undergoing surgery to repair a severed Achilles tendon.

Lang suffered the injury in the third period of Sunday's 3-1 loss to Boston, when he absorbed a hard check along the boards.

METRO NEWS SERVICES

## NBA Kobe drops 61 points on the Knicks



Kobe Bryant of the Los Angeles Lakers, right, scored 61 points in last night's game against the Knicks at Madison Square Garden in New York. The Lakers beat the Knicks 126-117.

### Sports in brief

**NHL** Los Angeles Kings defence-man Denis Gauthier has been suspended five games, without pay, for a blow to the head of Montreal's Josh Gorges in a game this past Saturday.

**NHL** Pittsburgh Penguins forward Tyler Kennedy has been suspended for one game by the NHL for an altercation in the team's game Saturday against Toronto.

**NHL** Detroit Red Wings forward Henrik Zetterberg missed last night's 4-3 shootout win over St. Louis as he is still recovering from back spasms. **METRO NEWS SERVICES**

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# RRSP Guide

## 'Don't lose twice'

"We are at or very near the point of maximum pessimism on the markets. It's time to be opportunistic," said Don Reed, president and CEO of Franklin Templeton Investments Corp. "Conditions are ideal to re-invest: Stocks are cheap and the markets are choppy. Investors lost when markets fell. Don't lose twice — be sure to act now before the recovery takes hold."

NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

## Most lack financial plan: Poll

BRIAN TOWIE  
brian.towie@metronews.ca



**Not even an economic downturn will convince Canadians to save for safety's sake, a survey from Bank of Montreal suggests.**

The first of three national reports on spending and saving, which BMO conducted in December and published mid-January, says nearly seven out of 10 respondents admitted they do not have a financial plan in place, and more than 40 per cent of Canadians don't have any type of emergency savings set aside should their financial circumstances suddenly change.

But perhaps the most hackle-raising conclusion of all was that 80 per cent felt the economic downturn is not enough of an incentive to create a financial plan, says Judy Thomson, director of re-

tail investments at BMO.

"Really, what does it take for people to know they need to have some kind of plan in place?" she said. "You'd have to be living in a cave somewhere not to have an understanding of the urgency that's going on in the market today. And these are recent findings, taken after the economy really started to hit people. It certainly surprises me."

"People have no idea of their cash flow — how much they're bringing in, how much they're spending. If they found themselves in an emergency, where would they go?"

There's a certain mindset that keeps Canadians from properly saving and investing, says Thomson. Those without savings plans assume they only exist for the wealthy, and the perilous habit of "get it now and pay for it later" dies hard.

"I think if you read



Canadians should be putting money away toward their nest egg because retirement isn't as far away as they think, experts say.

everything about this downturn, it's that attitude that got us into this situation. You can see that across the border when it comes to housing," she said.

"We're avoiding dealing with it and the fact that so many are without a basic financial plan proves the point."

However, the report did make its brighter points despite all the doom and gloom.

Of those with RRSPs,

**"We spend more time thinking about our vacations than we do thinking about our retirement."**

Judy Thomson

the survey found Canadians felt they needed to exercise more caution. Nearly 70 per cent of Canadians with RRSPs say they will not need to withdraw from it to meet their financial needs, and 60 per cent say they'll contribute as much this year as they have before.

Thirty-eight per cent, however, say they don't plan to contribute this year, believing they'll need the money to get themselves through the tough times — a state of affairs that would be more easily weathered, Thomson says, if Canadians looked for help.

"We spend more time thinking about our vacations than we do thinking about our retirement. It seems so far away, and so complicated. It's not," she said.

"You can go into a bank and get free advice from the most basic to the most complex. Dealing with an investment professional helps you understand what you're buying and establish a financial knowledge of what you already have."

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Taking out an RRSP loan can, in many circumstances, be a smart way to maximize this year's contribution or to catch up on your past contributions. The key is to get a loan at a low-interest rate and pay it back as quickly as possible. You can even use your RRSP tax savings to help pay off the loan. **NEWS CANADA**

# Tax-free savings account has something for everyone

**RAFAEL BRUSILOV**  
for Metro Canada



Tax-free savings — the idea sounds almost too good to be true, but it isn't. As of Jan. 1, all Canadians have access to the new tax-free savings account (TFSA), but how does it work?

Tom Hamza, president of the Investor Education Fund, a non-profit organization that promotes financial literacy across Canada, says the TFSA is meant to be a versatile partner to your RRSP, which allows you to save and take money out when you need it, tax free.

Other details about the TFSA include:

- Any Canadian over the age of 18 can open a TFSA and deposit up to \$5,000 yearly into the account, regardless of your income level. RRSP contribution limits are tied to income.
- Your contribution limit grows by \$5,000 yearly re-

gardless of whether you put money into it.

- Money you earn in your TFSA doesn't count against you if you receive a government income supplement.

"This is a way to save some money and shelter the tax as the money grows," said Lee Anne Davies, head of advanced

retirement strategies at RBC.

However, Davies points out that while money inside a TFSA is not taxed, the money you contribute to a TFSA is still taxable as part of your income. RRSP money, on the other hand, is tax refundable upon contribution and only gets

taxed when you retire.

Hamza suggests that rather than trying to choose between a TFSA and an RRSP, use both to their full advantage.

"Anything you can do to keep money in your pocket instead of giving it to the tax person is a good thing," Hamza said.

## Pay yourself first: Adviser

**JON TATTIE**  
for Metro Canada



Investing in your RRSP is generally a safe bet, but should you put in a little bit every month, or deposit a lump sum ahead of the March 2 deadline?

"That type of conversation is something that we have with quite a few of our clients," says Lee Anne Davies, head of advanced retirement strategies at the Royal Bank of Canada. "One of the things we're always interested in talking about is getting into the habit of paying yourself first."

Before you pay a salesman to give you a television, or pay a chef to make you a restaurant meal, pay yourself by socking a portion of your earnings into an RRSP. Most banks have systems set up where you can have a set amount of money automatically transferred from your savings account into your RRSP.

In the current volatile market, Davies says regular RRSP investing gives you the advantage of "dollar-cost averaging." You can buy more when it's down, and when it's up, you buy less but receive the advantage of the growth on your investments.

There are situations in which a lump-sum deposit makes sense, Davies says. She notes many people receive annual bonuses from their employer, or get paid on commission.

"It's also human nature — that tendency to want to procrastinate. That's where a professional adviser is helpful," she says. An adviser can give you solid advice and act as a financial coach, encouraging you to contribute early and build toward long-term goals.

Davies says the question of how much you should put away depends on each person. "It comes down to your life stages, what's happening within your own family. People have all sorts of obligations, especially if they're in young families."

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# Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

## Tummy tucks on the rise

Skin remnants of obesity have surgeries skyrocketing

**She was a big baby. In the picture it is 1953 and her older sister Shirley is straining to hold a beaming Ruth Mathews up for the camera.**

As the years unfold in her photo album, Mathews' size grows progressively larger. Then alarming.

In a 2004 shot, at age 51, Mathews is a morbidly obese diabetic and a mostly miserable 354 pounds.

Then comes the great reversal. By dint of diet, ex-

ercise and the will to eschew pizza in particular, the 5-foot-6 school bus driver shrinks to 169 pounds.

But like the growing number of morbidly obese people now losing enormous amounts of weight, mostly through stomach stapling surgeries, Mathews had a problem. As all that fat disappeared, the skin that held it all did not. "I had all this skin that would flop around when I walked," says Mathews, the mother of two grown children. "You sort of tuck



In the U.S., tummy tucks increased by 137 per cent between 2000 and 2007. The Canadian Society of Plastic Surgeons says U.S. data likely reflects the Canadian situation.

it into your pants, but it's still there. Imagine losing all the weight and having

to be stuck with all that skin."

These remnants of obesity — known medically as cutis pleonasmus — have sent "tummy tuck" surgeries skyrocketing.

"It's been a six-fold increase in the past five years," Dr. Michael Kreidstein says of the number he now performs at The Scarborough Hospital.

The Canadian Society of Plastic Surgeons does not keep statistics on the type and number of operations its 400 members perform, but society executive director Karyn Wagner says U.S. data likely reflects the Canadian situation.

In the U.S., tummy tucks increased by 137 per cent between 2000 and 2007, when the number reached 148,000. Wagner concludes about 15,000 were performed in this country that year.

**"I had all this skin that would flop around when I walked... Imagine losing all the weight and having to be stuck with all that skin."**

Ruth Mathews

Bariatric surgeries (known as gastric bypasses or stomach stapling), which segment or bypass large portions of the stomach, are growing as a mainstream tool to reverse morbid obesity. Last year, a major study pegged these operations as a potential cure for weight-related Type 2 diabetes.

During the procedure, the excess skin is lifted from underlying muscle tissue — on rare occasions with the help of a mini-crane that hangs over the operating table.

TORSTAR NEWS SERVICE



Avocados are packed with monounsaturated fat, which can help lower cholesterol.

## Amazing avocados

**FOOD** With the limited variety of local fruits available in winter, avocados — and their many nutrients — are worth adding to your diet. Look for the rough-skinned Hass variety from Mexico or California currently in stores.

Easily added to many meals, avocados are packed with monounsaturated fat — the kind found in olive oil — that can help lower cholesterol, reduce risk of heart disease and keep blood glucose in check. They also provide magnesium, vitamin C and folate, and half a medium avocado has more potassium than a banana.

Plus, avocados contain more soluble fibre and protein than any other fruit.

The only negative: One medium avocado has roughly 320 calories, about 16 per cent of your daily intake.

Replace other fat sources by using mashed avocado as a spread on toast or in sandwiches instead of butter or mayonnaise, or slices of it to replace cheese.

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It is easy to understand why some people might do this. Many of us have been raised with the belief that, when cleaning hard to clean areas of the house, a little "elbow grease" would go a long way. If it works when cleaning the home, why would it not work for cleaning your teeth?

To a certain extent, this is right. You can brush too quickly and too lightly. If that is the case, you will not remove as much plaque as you could when brushing properly. **The problem is that brushing for too long or too hard is not only ineffective, it can**



Dr. Martin LaBoissonniere  
Dental Surgeon

actually be harmful to the teeth.

Consider what we ask our toothbrush to do. We want the bristles to find their way between our teeth so that it can remove plaque and debris from these areas. **Brushing too hard can actually flatten out the bristles and make it more difficult for them to find some of the harder to reach areas.** This will actually leave more plaque behind, and that can lead to tooth decay.

Of greater concern is the actual harm that **brushing too hard or too long** may do. It can actually be wearing away at your teeth!

Most toothpaste's contain some abrasive elements. When combined with an aggressive brushing technique, these elements can cause damage to the teeth and gums. The end result can be **receding gums, sensitive teeth or even loose teeth.**

The key is to make sure you are thorough, but take a more gentle approach. We recommend brushing for between two and three minutes. That is enough time to provide the cleaning your teeth require without causing damage.

As for **how much pressure you should apply, talk to your dentist and have him/her demonstrate the ideal amount.** You might be surprised at how easy it can be!

Just remember, when you brush your teeth, you are not scrubbing bathroom floors! A gentle but thorough approach is what you are trying to achieve, because brushing your teeth gently is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere  
- Dental Surgeon

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**Lohan gets fussy over flight**

Lindsay Lohan knows that you don't get anything if you don't ask for it. The troubled starlet was apparently denied a first-class seat on an overbooked flight out of Tampa, Fla., over the weekend, so she threw a tantrum, according to Fox News. **METRO NEWS SERVICES**

**11**

# Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

**Joint bash**

Ellen DeGeneres, left, and Portia de Rossi celebrated their birthdays with a joint bash Saturday, reports say. DeGeneres turned 51 on Jan. 26 and de Rossi 36 on Jan. 31. **PEOPLE.COM**

## Fanning finds her voice

**STEVE GOW**  
for Metro Canada



**When you meet Dakota Fanning, the first thing that hits you is simply how girly-but-poised the 14-year-old actress is.**

One could be mistaken for thinking that's a result of growing up alongside pros like Denzel Washington and Tom Cruise, but the truth is young Fanning had that demeanour right from the start.

Still, with seven years of movie making now behind her, there is one aspect of celebrity that has eluded Fanning — the inane personal fascination with fame.

"From the very first interview I ever did, I've been asked, 'Do I have any friends?'" said Fanning during a recent interview in Los Angeles. "When I was younger, I was like, 'What does that mean? Of course I have friends'.



Dakota Fanning

"I've always been confused by that question because I really want to ask, 'Do you really think that I don't have any friends?'"

For the record, she does. And while Fanning has been busy with two new movies that hit theatres this Friday — the thriller *Push* and the stunning animated hit *Coraline* — Fanning still makes time for pals at private school and cheerleading camp. It may be a double-life but one that's hard-pressed to split her personality.

"She was nine years old

(when we first met about *Coraline*)," said the film's director, Henry Selick. "She was like pulling her hair and being a little girl but telling me in this incredibly intelligent way why she should be *Coraline* and what she loves about the book and I was just super impressed."

Following the stop-motion animated style of his hit *The Nightmare Before Christmas*, Selick brings to life the thrilling story of a bored, young tomboy who finds a mystical secret door to a dark, alternate version of her life where everyone has buttons for eyes.

Fanning was such a fan of the popular Neil Gaiman novel, she dedicated five years to voicing the lead character.

"I just loved (the character's) curiosity and admired her bravery and she's so adventurous; I think you kind of have to be (adventurous) to do

what I do, the places I go and the things I try out," said Fanning. "I don't know if I'm adventurous in the way she is (but) I'm definitely more girly."



Dakota Fanning lends her voice to the lead character, right, in the animated film *Coraline*.

## It's Panda-monium at Annies

**AWARDS** Kung Fu Panda pulled out all its martial arts moves at the 36th annual Annie Awards, where it was named best animated feature.

The DreamWorks Animation feature dominated Friday's awards ceremony at UCLA's Royce Hall in Los Angeles, presented by ASIFA-Hollywood, the Los Angeles chapter of the International Animated Film Society. Panda won the top prize over such other nominees as the critical favorites *WALL-E* and *Waltz With Bashir* and swept the feature film cate-

### More top prizes

- Wallace & Gromit: A Matter of Loaf and Death — best animated short subject
- Robot Chicken: Star Wars Episode II — best animated TV production
- Avatar: The Last Airbender — best TV production for children

gories with 10 trophies, topping Pixar's *Ratatouille* run last year, when it earned nine Annies, including best feature.

The Panda awards parade

to the winner's podium continued throughout the evening. It included a directing award for John Stevenson and Mark Osborne, writing honours for Jonathan Aibel and Glenn Berger, animated effects for Le-Ming Lawrence Lee, character animation for James Baxter and storyboarding for Jen Yuh Nelson.

Dustin Hoffman, who plays kung fu master Shifu in *Panda*, earned the award for voice acting in a feature film. Nico Marlet took home an award for character design for *Panda*. **REUTERS**

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OTTAWA'S NEWS LEADER





Jessica Biel threw her boyfriend Justin Timberlake a surprise birthday party Sunday. Timberlake — who turned 28 on Saturday — was stunned when he arrived at a Los Angeles hotel's penthouse suite to find friends and family there to celebrate. **FEMALEFIRST.CO.UK**

**Biel throws party for Timberlake**



The Fray's self-titled new album is available in stores and online.

# New drama for The Fray

**BRIAN TOWIE**  
Metro Toronto

**The Fray is trying to prove that there's a band beyond**

## TV appearances.

The four alternative rockers from Denver expect to hit the same heights with a new self-titled release that

they did with their 2005 debut *How To Save A Life*. Consider it a more amplified version of what had The Fray topping the charts

the first time around: Producers Aaron Johnson and Mike Flynn have returned to produce a work where catchy pop hooks and frontman Isaac Slade's personal lyrics will attempt to win over audiences in dramatic fashion. "We're not fetal anymore. Our balls have dropped," quips drummer Ben Wysocki.

Slade adds, "It's a funny thing to associate 'extreme' with The Fray. But in our range, we've pushed to the limit the kind of stuff that we've done in the past."

It's a tricky situation for The Fray. The band is undeniably successful in its own right. Over *My Head* (Cable Car), their first single about Slade's falling out with brother and ex-member Caleb (Isaac notes he's reconciled with Caleb after he departed from the band), hit various worldwide top 40 charts.

But the global acclaim, award nominations (including a Grammy) and commercial success also owes much to major television and film exposure. Second single *How To Save A Life* entered the charts in April 2006. That August, ABC used the song to promote Grey's Anatomy following its appearance on a March episode of the medical drama (with subsequent appearances on *Scrubs* and *One Tree Hill*). The exposure brought global domination. Digital sales of both singles numbered the millions, top chart spots became ubiquitous and the album consequently went double platinum. Fans of Grey's became fans of The Fray's.

"I don't think any band needs TV, but it has been very integral to The Fray's success in the past couple of years," Wysocki says of fame-via-television. "The medium acts as a conduit to exposing yourself to young audiences, especially now, when you can buy TV episodes online and carry them around in your pocket. It's much more permanent and reoccurring and we came along when that was happening."

Therein lies The Fray's dilemma: How do you continue your success without falling prey to notoriety chiefly as a television soundtrack band? They're willing to take the gamble, with first single *You Found Me* backing current promos of *Lost*.

"We've kind of looked at it as the icing on the cake," Wysocki says. "But there is that danger of having the audience associate you and what you do to the show when you have your own thing going on."



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8	9	10	11	12	13	14
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7 pm and 8:30 pm (after headliner)



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Saturday, February 7 at 7 pm  
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- \* Roch Voisine, February 14
- \* Ariane Moffatt, February 20
- \* Jilly Black, February 21

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And the nominees are...

Nominations for the 2009 Juno Awards will be announced live on CTV today beginning at 10:30 a.m. EST. **METRO NEWS SERVICES**

entertainment 13

# The new money-makers

IntelleVision



**HARD TIMES:** When it became apparent, sometime last fall, that we were headed for an extended spell of economic harrowing, the conventional wisdom was that, whatever happened to banks, auto manufacturers, airlines and luxury goods retailers, the entertainment industry would weather the storm.

The basic logic was minted during the Depression, when radio was king and movie theatres were filled every day with people looking to escape the grim world outside with bubbly musicals and screwball comedies set in high society at the top of double bills filled out with cartoons, newsreels and short subjects. If anyone noticed that the world had changed a bit since the Roosevelt presidency, they

didn't bother saying anything. (And frankly, given the straining comparisons being made between the nascent Obama presidency and FDR, this cognitive fog is starting to look more willful than naïve.)

The "recession-proof" entertainment industry was debunked a bit by a Hollywood Reporter story this weekend that complicated the picture a bit.

Some entertainment businesses are doing well — Netflix, for instance, with its move into video on demand subscriptions, and Amazon, thanks to a good holiday season. GameStop, a videogame retailer, has been doing booming business in used games, while Imax has predicted a profit that has done wonders for its stock, thanks to a switch from film to digital, the Imax version of summer blockbuster The Dark Knight, and a revamped business model that shares costs with its joint venture partners. On top of it all, it finally looks like TiVo — the proper noun, not the verb — is about to turn a profit.

Consumers are apparent-

ly hunkering down with entertainment options that either cut out costs built into manufacturing and shipping, or offer deep discounts, trends that are expected to continue.

"It is possible that the recession could be accelerating the shift to digital," an analyst from Barclay's Capital told the Reporter.

It's the people actually making the product — movie studios and record companies and media conglomerates heavily invested in expensive ventures like TV networks with their large capital footprints — who are suffering, it seems, an irony impossible back in the '30s, when the same people owned the content producers and the distribution systems.

The biggest change is that audiences are now averse to being in one place at one time to enjoy one thing, and the people making money are the ones letting them do that for the lowest price.

Rick McGinnis writes about music, movies, books and television, but not opera.

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### In brief

**AD SALES** NBC Sports scored a major victory with its record \$206 million in ad revenue from Sunday's Super Bowl game. For the full day, the network division brought in \$261 million, also a record.

**REALITY TV** CBS is treading into potentially controversial reality TV territory again. The network has ordered a new series that puts lovelorn singles into arranged marriages.

REUTERS

### GlobalStyle

**Kenya Hunt**

Exclusively at [metronews.ca/globalstyle](http://metronews.ca/globalstyle)

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OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	23/09	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin	The Street (N)	Stephen Fry in America (N)	Agenda-Paikin	
		211	331	3	GTV	ET Canada	Entertainment	NCIS "Agent Afloat"	90210 (HDTV) (N)	Project Runway Canada	News (N)	
		-	-	5	SRC	Virginie (SC)	La Factice	Providence (HDTV) (SC)	Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou	La Zone
		209	342	6	CHRO	Instant Star	TMZ (N)	Cold Case	Law & Order	(10:01) Without a Trace (N)	News (N)	
		196	311	7	CTV	Hollywood	etalk	American Idol (HDTV) (N)	(9:01) Fringe (N)	Law & Order: SVU	News (N)	
		208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	CBC News: The National	The Hour	
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)	Wild Roses (HDTV) (N)	Law & Order: SVU	News (N)	
		117	713	10	TVA	Les Gags	Histoires-filles	La Fievre de la danse (SC)	La Promesse (HDTV) (SC)	TVA 22 heures	(10:45) Denis Lévesque	
		-	-	11	QS	Catherine (SC)	Piégé Zézé	Dirty Sexy Money (SC)	Men in Trees: leçons	Cent dix pour cent (SC)	Msr Showbiz	
		137	763	12	TFO	Panorama	Évolution	NCIS "Agent Afloat"	Cinéma "La Chinoise"	(10:01) Without a Trace (N)	Dans le secret	
		-	362	13	CBS	Dr. Phil (HDTV)	News (N)	The Mentalist (HDTV)	News (N)	Two/Half Men	King	Two/Half Men
		216	395	14	OMN2	Raymond	Raymond	News (N)	News (N)	Two/Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU	Privileged (HDTV) (N)	Scrub	Scrub	Primetime: What Would	News (N)	
		115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill
		218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)	Scrub	Scrub	Ruby	Kimora: Fab
		-	361	20	ABC	News (N)	Entertainment	Homeland Security USA	Scrub	Scrub	Primetime: What Would	News (N)
		512	396	24	CPAC	La Période de questions	Heure polit.	L'Heure politique	100 Huntley Street	Life Today	This Is Day	John Hagee
		651	355	25	CTS	Happy Days	Laverne	Michael Coren Show	(9:01) Fringe (N)	News (N)		News
		-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) (N)	Frontline (N) (DVS)	African American Lives 2	Charlie Rose	
		-	-	64	PBS	Business Rpt.	Snowtrails TV	Nova (HDTV) (N) (DVS)	(9:01) Fringe (N)	Law & Order: SVU	News (N)	
news		205	312	104	CBS	Hollywood	etalk	American Idol (HDTV) (N)	CBC News: The National	Mad Cow, Sacred Cow	National	
		502	390	26	NW	CBC News	Newman	The Hour	Larry King Live	Anderson Cooper 360 (HDTV)		
		500	500	33	CNN	Lou Dobbs Tonight	NHL Hockey Los Angeles Kings at Ottawa Senators. (HDTV) (Live)	Campbell Brown: No Bias	Le Téléjournal (SC)	Sportsnet Connected	Hockey Central	
		406	417	27	net	World Sport	Grands reportages (SC)	Le Téléjournal (SC)	RD1 en direct	Le National	Le Téléjournal	
		126	730	28	RDI	24 Heures en 60 minutes	NBA Basketball Toronto Raptors at Cleveland Cavaliers. (HDTV) (Live)	Mantracker	Score Tonight	Bounty Hunter	Bounty Hunter	Hockey Talk
		400	280	30	TSN	Cabby Unlimit	Court Surfing NBA news, scores and highlights.	Survivorman	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman
		411	457	56	OLN	Bounty Hunter	Survivorman	Mantracker	Super Bikes!	Super Bikes!	Hot Import	Hot Import
		417	406	59	SC	NASCAR Pre.	Pass Time (N)	Low Life	Low Life	Super Bikes!	Super Bikes!	NASCAR Pre.
		554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
		557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
		551	542	65	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach (DVS)
		570	580	29	MM	mmmtop	Where You At	Popaganda	Gene Simmons Family Jewels		Celebrity Wrestling	
		615	520	31	A&E	CSI: Miami (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	Manhunters	Manhunters	The Beast	
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Real Vice	Real Vice	Real Vice	Real Vice	Disorderly
		521	560	34	TLC	Flo & Kay: Twin Savants	Jon & Kate	Jon & Kate	17 Kids-Count	17 Kids-Count	Toddler's & Tiaras (N)	Jon & Kate
		145	761	35	TV5	Change	Caméra café	Les Bébés animaux	Maupassant	Maupassant	Facteur	D'Est en Ouest
		616	521	39	SHO	The Outer Limits	Mutant X	Testees	Trailer Park	The L Word Counseling.	House	Journal TV5
		620	523	40	BVO	Joe Armando Generation	At the Concert Hall	Straight Shooter: The Mamas & the	Papas	Bravonews	Law & Order	
		520	505	42	DIS	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Time Warp (N)	Toughest Race: Iditarod	Daily Planet
cable variety		575	583	43	CMT	Cross Canada Countdown	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith
		601	562	45	SLC	Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade	Rich Bride, Poor Bride	Rich Bride, Poor Bride	End of Leash	End of Leash
		625	548	46	COM	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	S. Silverman	Fit-Conchords
		294	529	47	TBS	House-Payne	House-Payne	Next of Kin ** (1989, Crime Drama)	Patrick Swayze.	Steve Harvey	Seinfeld	Family Guy
		600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Colin & Justin's Home Heist	Holmes-Homes	
		627	528	50	SPC	Stargate Atlantis	(DVS)	Lost	Star Trek: Voyager	Destination Truth (N)	Stargate SG-1	
		581	566	53	MTV	Mom & Dad	After	MTV News	Cribs	A Double Shot at Love Special	A Double Shot at Love	Double Shot
		618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Married... With	Seinfeld
		522	506	55	HIS	NCIS "Grace Period"	Ultimate Engineering	Ax Men	Images-chocs	NCIS "Grace Period"	Re-Inventors	
		129	773	60	CD	Biographies "Salma Hayak"	Paradis perdu (HDTV)	Images-chocs	Quantum Leap	I Prophecy	Supernatural	Poltergeist
		261	394	61	V	Murder, She Wrote	Bless-Father	On the Buses	Style by Jury	Style by Jury	How to Look Good Naked	Maxed Out
		602	567	62	W	Will & Grace	Friends	Extreme Celebrity Rehab (N)	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall
		269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	The Tonight Show-Jay Leno	TMZ	
		621	527	71	TLK	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Look-A-Like	Off the Leash	Good Eats	Good Eats
		603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover	The F Word			

### critics'corner

#### The L Word

Should old acquaintances be forgot? Depends on whom you ask. In this new episode, Bette and Tina's future is threatened by the return of someone they used to know, while Helena's life is turned upside down when a former flame turns up. Tasha and Alice seek professional help in "Least Likely." 10 PM on 39 SHO



#### NCIS

When a lieutenant on Tony's ship jumps overboard, Ziva and McGee have the sad task of telling his wife. But when they arrive at her home, they find her dead. And it turns out the lieutenant didn't kill himself by jumping overboard after all in "Agent Afloat." 8 PM on 13 CBS, 3 GTV

#### Without a Trace

The Missing Persons Squad is surprised to learn the answer in this new episode. As Jack and his team dig into the disappearance of two women from a suburban neighborhood, they're shocked to discover who the purported perpetrator is in "Friends and Neighbors." 10:01 PM on 13 CBS 6 SHRO





Though her Harry Potter costar Daniel Radcliffe has bared all for work, Emma Watson is content to remain clean-cut. "I have no plans to do anything for the sake of it, or to shock people," she told the Mail on Sunday's Live magazine. **PEOPLE.COM**

**Emma's cover-up**

## Celebrity Buzz

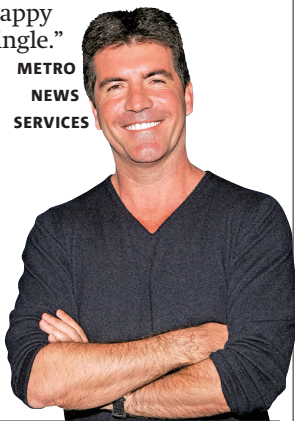
### Simon says he's not gay — just busy

**RUMOURS** Simon Cowell is not gay, according to femalefirst.co.uk. The music mogul, who recently split from long-term girlfriend Terri Seymour, has laughed off rumours about his sexuality, saying he's single because he keeps "crazy hours."

"I am not gay. But in this business, if you were it wouldn't matter. It is not exactly unusual to be gay in the music business or the TV business," he says. "It is 2009, after all. So if you are, you are and if you are not, you are not."

But despite his insistence that he's straight, Cowell says he's "unlikely" to settle down. He said: "I don't think marriage would suit me or the person I would marry. I am happy single."

**METRO NEWS SERVICES**



### Amy's parents get a say in her fortune

**MONEY** Amy Winehouse has turned over partial control of her \$21 million US fortune to her parents. The troubled singer, who is still hiding out in St. Lucia, is looking to curb her wild spending as much as her wild ways, according to the Sunday Mirror.

"Everyone is pleased because it means Amy is listening to good advice," a source tells the newspaper. "This stops her doing anything stupid."

**METRO NEWS SERVICES**



## Teri didn't want to be a 'crazy single cat lady'

**PETS** Actress Teri Hatcher sleeps in the same bed as her dog, femalefirst.co.uk reports. The Desperate Housewives star recently gave an unwanted dog a new home, but admits his habits are hampering her sleep a little.

Hatcher explained: "I got a new dog. I got an American Bulldog named Jack I rescued. He's not a big shedder, but he does snore. I have to wear earplugs when he sleeps with me."

The actress, 44, whose daughter is 11-year-old Emerson Rose, already has two dogs, three cats, a rabbit, two birds and a horse at

her house, and revealed she decided to get a new dog rather than a cat so she didn't look "crazy."

She added to TV show Access Hollywood: "It was so funny. My daughter

wanted me to get another cat. I said, 'Honey, we can't have four cats, then I'm like the crazy single lady with all the cats.' And she goes, 'No, mom, that's five. Five is when you become the crazy single cat lady.'"

**METRO NEWS SERVICES**



## Madonna and Guy meet up in NYC

**FAMILY MATTERS** Madonna and Guy Ritchie have spent the weekend together in New York, femalefirst.co.uk reports. Ritchie met his ex-wife Madonna at the New York Kabbalah centre just a few days after the singer won custody of their children.

An onlooker said: "Guy was smiling and in good spirits. He still spends time with Madonna as a family." This was reportedly the second weekend in a row the estranged couple have met at the Kabbalah centre with their children: Rocco, eight, adopted son David, three, and Madonna's daughter Lourdes, 12.

Guy's father, John Ritchie, has re-

cently said the couple is maintaining an amicable relationship because of their children, but he is delighted Madonna is distracting herself with "lots of boyfriends." The protective father, 79, said: "The worst thing would be if they reconciled."

Meanwhile, the marriage of one Madonna's reported love interests,

baseball star Alex Rodriguez, has officially ended. Documents issued at a US county court stated his marriage to Cynthia was "irretrievably broken." Rodriguez — known as A-Rod — split from his wife of five years in the summer, following reports the sportsman had been dashing out for visits to Madonna's New York apartment.

**METRO NEWS SERVICES**



## Tori's all baby talk

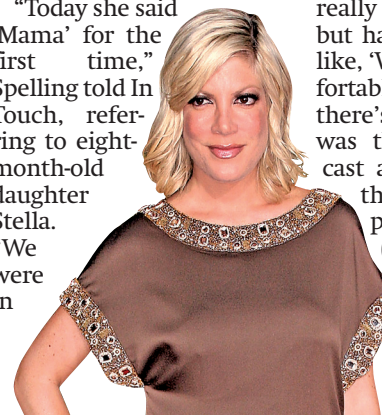
**PARENTING** Tori Spelling may have had everyone abuzz about her post-baby figure at the Byron Tracey Salon opening on Jan. 29, but the mother of two was all baby talk, intouchweekly.com reports.

"Today she said 'Mama' for the first time," Spelling told In Touch, referring to eight-month-old daughter Stella. "We were in

the living room and I heard, 'Mama,' and I was like, 'Oh my God! My heart melted.'"

The 35-year-old actress is also back to work on the set of 90210. "It's been really fun," Spelling said. "I was really nervous the first day, but halfway through I was like, 'Wow, this feels... comfortable.'" But she admits there's been one hiccup. "I was the youngest in the cast and now I'm one of the oldest," she explained. "Jennie (Garth) told me not to say 'older.' We're supposed to say, 'One of the originals.'"

**METRO NEWS SERVICES**



## Britney may cancel tour

**CUSTODY** Looks like Britney Spears may not be out on the road this summer after all. The singer is reportedly considering cancelling her tour if ex-husband Kevin Federline won't let her take her kids with her, according to TMZ.

Federline, Spears and her dad apparently worked out a deal whereby her boys

would stay in Los Angeles, New Jersey or New Orleans while their mom toured nearby.

And Federline was reportedly promised \$4,000 US a week for allowing it, but now his lawyers are telling him it's a bad idea. If he backs out and keeps the kids at home, it's likely Spears won't want to go on the road at all, according to the source.

**METRO NEWS SERVICES**



## Men's nipples puzzle Scarlett

**BIOLOGY** Scarlett Johansson is fascinated by men's nipples, femalefirst.co.uk reports. The He's Just Not That Into You actress can't understand why boys still have them, adding the concept of male nipples completely baffles her.

She is quoted by the Chicago Sun Times newspaper as saying: "The one thing I don't understand about men is nipples. I don't know if there is one aspect of men that I don't understand other than why they have nipples."

"Honestly, why? I guess it has something to do with

the X chromosome. "What is the function of the male nipple? Maybe we all start as androgynous creatures and then they become men?"

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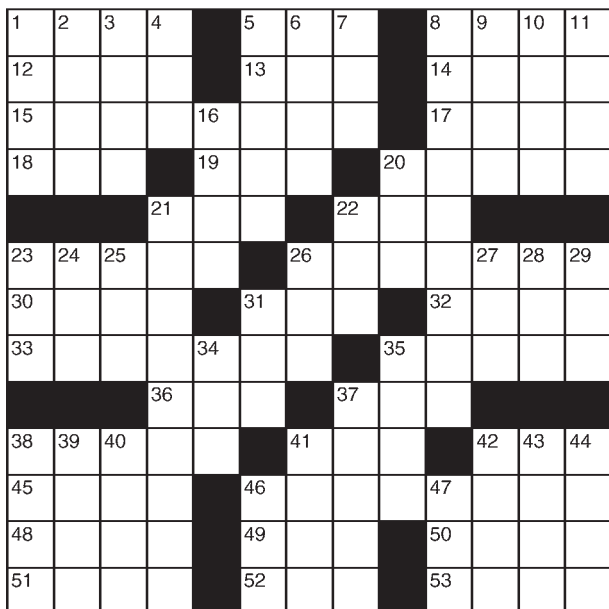






For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### Crossword across

- |                              |                            |                        |
|------------------------------|----------------------------|------------------------|
| 1 Therefore                  | transport                  | 45 Grooving on         |
| 5 Hot tub                    | 23 Muscle                  | 46 Became established  |
| 8 Datum                      | 26 No purebred             | 48 List-ending abbr.   |
| 12 Honeycomb                 | 30 German car              | 49 So five minutes ago |
| 13 Coop dweller              | 31 Talk and talk and talk  | 50 Basilica area       |
| 14 Wind instrument           | 32 Mine, partially shelves | 51 — & Taylor          |
| 15 Common wintertime ailment | 35 Run, as colors          | 52 Distort             |
| 17 —-podrida                 | 36 Slippery fish           | 53 Earl Grey's family? |
| 18 Peculiar                  | 37 Evil                    |                        |
| 19 LummoX                    | 38 Partonesque             |                        |
| 20 Glisten                   | 41 Supporting              |                        |
| 21 — for tat                 | 42 Mainlander's souvenir   |                        |
| 22 Schoolkids'               |                            |                        |

### Crossword down

- |                       |                      |                        |
|-----------------------|----------------------|------------------------|
| 1 Repeat performance? | 23 — -relief         | 40 Celeb               |
| 2 14-Across insert    | 24 Same old same-old | 41 Bridge table quorum |
| 3 Satisfied           | 25 Bustle            | 42 Easy bounding gait  |
| 4 Antiquated          | 26 Frenzied          | 43 "Born Free" lioness |
| 5 Young hog           | 27 Wish otherwise    | 44 Mid-month date      |
| 6 Riches              | 28 Prior to          | 46 AAA job             |
| 7 Moreover            | 29 '60s psychedelic  | 47 Chapeau             |
| 8 Iron pyrite         | 31 Toothpaste, often |                        |
| 9 Competent           | 34 Crucial           |                        |
| 10 Pop flavour        | 35 Fir coat          |                        |
| 11 Squad              | 37 Swag              |                        |
| 16 Neologize          | 38 Actress Jessica   |                        |
| 20 Holster            | 39 "Do — others ..." |                        |
| 21 Trite              |                      |                        |
| 22 Short cut?         |                      |                        |

### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	6	8	2	9	1	3	7	4
2	1	3	5	4	7	6	9	8
7	4	9	3	6	8	5	2	1
8	2	4	7	5	6	9	1	3
1	9	5	4	2	3	8	6	7
3	7	6	8	1	9	4	5	2
6	8	1	9	3	2	7	4	5
4	3	2	6	7	5	1	8	9
9	5	7	1	8	4	2	3	6

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

<b>SUDOKU SOLVE TIME:</b>	17-21 min .....	Smart
Under 13 min .....	21-25 min .....	Not bad
13-17 min .....	25+ min .....	Keep practising

### Metro Recipe of the Day



### Spiced Lamb with Couscous

**INGREDIENTS:**  
 2 tsp (10 ml) olive oil  
 250 g lean boneless lamb, cubed  
 2 tsp (10 ml) ground coriander  
 2 tsp (10 ml) ground cumin  
 1 tsp (5 ml) ground ginger  
 1 1/3 cup (200 ml) vegetable juice  
 1/2 cup (125 ml) vegetable stock  
 1 tbsp (15 ml) tomato paste  
 1 butternut squash, peeled, seeded and cut into cubes  
 3 zucchini, halved lengthwise and thickly sliced  
 1 cup (250 ml) couscous

**METHOD**  
 1. Heat oil in large saucepan or flameproof casserole dish. Add lamb and cook over moderate heat 5 minutes, or until lamb is richly browned. Sprinkle spices into pan

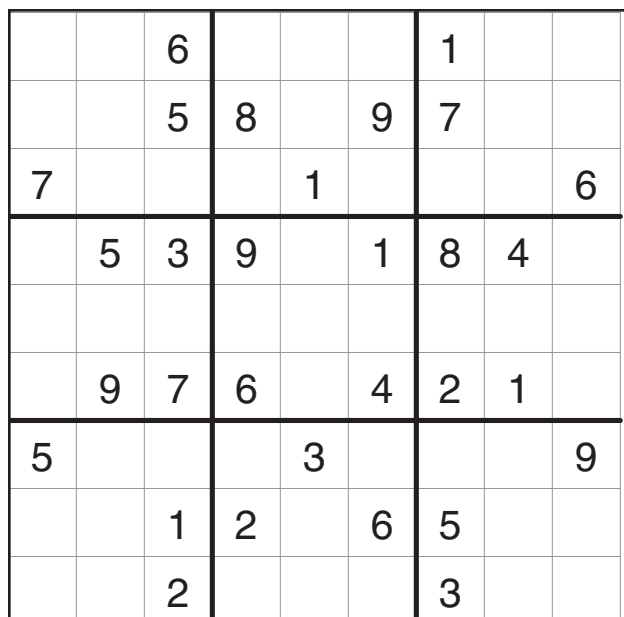
and cook for 1 minute, stirring constantly.  
 2. Stir in vegetable juice, stock and tomato paste and boil. Reduce heat to simmer, cover and cook 30 minutes.  
 3. Stir in butternut squash and cook 5 minutes, then add zucchini. Cover and cook gently 25 minutes, or until lamb and vegetables are tender.  
 4. About 15 minutes before lamb is ready, prepare couscous. Cook following package instructions, then fluff with a fork.  
 5. Divide couscous among serving bowls and spoon lamb stew over top. Serve immediately.

**SERVES 4**



### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### Horoscopes

**ARIES**  
**MARCH 21-APRIL 20**  
 Your principled actions determine the outcome. A shameless schemer tells secrets. An unusual social situation causes you to feel anxious.



**TAURUS**  
**APRIL 21-MAY 21**  
 Don't get involved in stranger's situation that will work itself out. A rescuer steps in with advice about several choices.



**GEMINI**  
**MAY 22-JUNE 21**  
 Don't flame anybody just because they have bad taste. Frequent disruptions will be to your benefit.



**CANCER**  
**JUNE 22-JULY 22**  
 Someone gets bent out of shape over a love life fiasco. Be considerate of those who can't fulfil their obligations.



**LEO**  
**JULY 23-AUG 23**  
 Give direction when a friend gets lost in maze of emotions. Someone will drive you crazy in a very nice way.



**VIRGO**  
**AUG 24-SEPT 22**  
 Don't try to convert someone to your way of thinking. There's not much time left to tend to unfinished business.



**LIBRA**  
**SEPT 23-OCT 23**  
 One of your allies must now move on to a better life. The least said about a tense clash, the better.



**SCORPIO**  
**OCT 24-NOV 22**  
 A character flaw in someone you know will be made visible. Be alert and aware of your surroundings at all times.



**SAGITTARIUS**  
**NOV 23-DEC 21**  
 A nerve wracking nemesis forces you into making a new plan. Stubbornness causes criticism to arise.



**CAPRICORN**  
**DEC 22-JAN 20**  
 Be bland when you're confronted by a stranger. Increase your bliss without spending money.



**AQUARIUS**  
**JAN 21-FEB 18**  
 A friend's major move will alter your relationship. Desperate measures are taken when a love affair is discovered.



**PISCES**  
**FEB 19-MARCH 20**  
 Allow love to break through to you. You'll refuse to be unnerved by a strange event.



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## he's just *not* that into you

In Theatres February 6



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